CAMPBELL HIGH SCHOOL
COURSE OUTLINE
Semester 1 2015

FITNESS AND RECREATION

Teacher: John Fitzgerald

Course Description
Students will have the opportunity to develop their skills and fitness through various types of games and activities. They will also develop skills and knowledge of specialised recreational activities. Focus will be on participation, understanding rules and objectives and promoting peer involvement.

Learning Outcomes
PHYSICAL ACTIVITY AND SPORTS UNITS
Demonstration of skill development/improvement
Demonstration of knowledge and application of rules and concepts
Participation in various fitness and Recreational activities
Understands and applies strategies that address hygiene, health and safety issues in physical education.

FITNESS
Demonstrate an improved level of fitness
Level of fitness participation

Work Practice Outcomes
 Comes prepared for class
Displays acceptable behaviour
Works cooperatively
Displays a positive attitude

Materials Required
Students are required to change into appropriate PE clothing for each PE lesson (light blue shirt, joggers and shorts/track suit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible.

Typical Homework
Students are required to catch up on any missed work and devote some time to assignments and test preparation during the health unit.

Assessment Items                          Due Date
Skill development/improvement             Ongoing
Knowledge of rules and concepts           Ongoing
Hygiene, health and safety compliance     Ongoing
Participation in recreational activities  Ongoing
Fitness development/improvement          Ongoing

Parent Signature ________________________  Student Signature _______________________ Date